

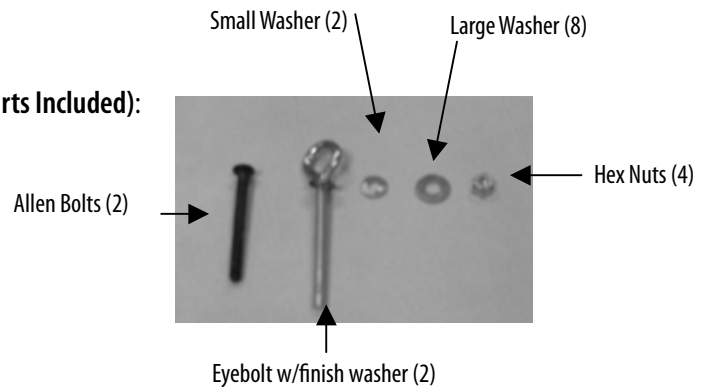
# Installing the Shoulder Rests on Your Ron Fletcher Reformer

**NOTE:** *The Balanced Body Ron Fletcher Reformer now ships in a cardboard box. This is much less expensive way to ship and less cumbersome for you to unload than our wooden crates. However, in order to fit all contents in the box, the shoulder rests on the Reformer come detached. Please use the following instructions to reattach the shoulder rests.*

## Tools You Will Need:

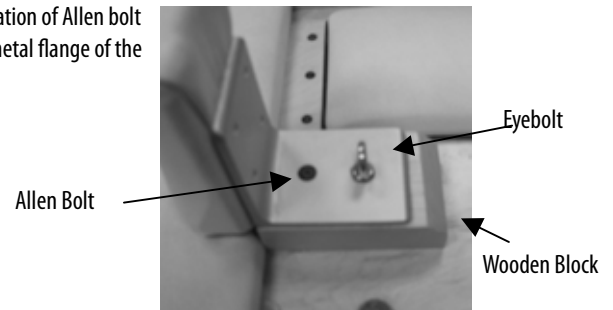
- 5/32" Allen Key (included)
- Crescent Wrench (not included)

## Parts List (Parts Included):



1. Position the rest with the metal flange over the drilled holes in the wooden block next to the headrest.
2. Install the Allen bolt in the hole closest to the shoulder rest
3. Install the eyebolt with the finish washer and a small washer into the other hole

Fig. 2 - Proper orientation of Allen bolt and eyebolt on the metal flange of the shoulder rest.



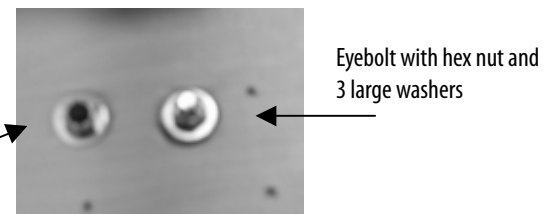
See Figure 2 for proper orientation

4. On the underside of the carriage put one large washer and a hex nut on the end of the Allen bolt and tighten. Use the Allen key on the top of the bolt for torque while tightening. NOTE: You may want to turn the carriage on its side for easier maneuvering.
5. Put three large washers and a hex nut on the end of the eyebolt and tighten. Grab the "eye" of the bolt on the other side for torque while tightening.

See Figure 3 for proper orientation

Fig. 3 - Proper orientation of washers and nuts and bolts on underside of carriage

Allen bolt with hex nut and 1 large washer



6. Repeat with other shoulder rest.

Have questions? Call Balanced Body technical support at 1-800-PILATES



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